finding our centre

being in the presence of the holy

a space for ourselves

breathing peace

still point

prayer

grounding ourselves

be still and know that i am god

the calm at thè centre of the storm

whatever words you use, many of us long for moments of silence, calm and peace during our busy days.
come and explore how to find these moments. learn techniques and experience silence with others

wednesdays 11:30 am – 12:30 pm in z-05 (2090 mackay)

for more information, contact ellie hummel at ellie.hummel@concordia.ca

or 514-848-2424 x 3590

Concordia
Multi-faith Chaplaincy